[illegible]

[illegible]:

* [illegible]
* [illegible] **ng (detoxification)** [illegible] **ng** [illegible]
* [illegible] **(rehabilitation)** [illegible]
* [illegible]
* [illegible]

4-Methoxymethcathinone · bk-PMMA · PMMC · Methoxyphedrine · 4-MeOMC

[illegible]

[illegible] / [illegible] (www.xx.xxx.) — [illegible], [illegible] www.xx.xxx.x/xx.xxx.x. [illegible]

⚠ [illegible] — [illegible] | [illegible]: **112** '[illegible] **findahelpline.com** '[illegible]

[illegible] '[illegible] [illegible] '[illegible]

[illegible].

[illegible] Recovery Kernel [illegible] (4-methoxymethcathinone) [illegible]

[illegible] (PMA, PMMA) [illegible], [illegible], [illegible], [illegible]

[illegible], [illegible] —COMT [illegible], CYP2D6 [illegible], [illegible], MAOA [illegible]—[illegible] '[illegible] [illegible], [illegible], [illegible]: [illegible], [illegible]

[illegible]

[illegible]

[illegible] 112 '[illegible]:

* [illegible],
* [illegible],
* [illegible],
* [illegible],
* [illegible], [illegible]
* [illegible]

[illegible] ([illegible]) [illegible]— [illegible], [illegible], [illegible] MAO-[illegible] ER [illegible] '[illegible] ([illegible] / [illegible]-PMMA / 4-MeOMC) [illegible], [illegible], [illegible]

[illegible] 1 — [illegible] '[illegible] [illegible]?

[illegible]-[illegible], [illegible], [illegible]

[illegible] — [illegible]

[illegible] — [illegible], [illegible], [illegible] — [illegible] '[illegible], [illegible] '[illegible] (SERT) [illegible] (NET) [illegible], [illegible] (DAT) [illegible], [illegible] "[illegible]

[illegible] '[illegible], [illegible] MDMA [illegible] PMA [illegible], [illegible]— [illegible]

[illegible], [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] (MAOI) [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible] [illegible] [illegible]

[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]—[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] '[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [

[illegible]: [illegible] [illegible] [illegible]

ген / вариант	на сколько часто встречается среди всех людей	насколько сильно влияет на работу, которую выполняет ген, и что это значит для человека
CYP2D6	очень различается по всему миру: от почти полного отсутствия до нескольких копий гена	от него зависит, как быстро печень перерабатывает многие лекарства, поэтому одна и та же доза может у одного человека не подействовать, а у другого вызвать передозировку; также он участвует в переработке PMA/PMMA — веществ, которые могут накапливаться в организме при употреблении
SLC6A4 (5-HTTLPR)	распространён неравномерно по разным группам людей	влияет на то, как быстро мозг возвращает серотонин обратно в нервные клетки, и может немного менять чувствительность к стрессу, но не определяет психическое здоровье
MAOA (uVNTR / rs6323)	встречается по-разному в разных группах людей	влияет на то, насколько быстро мозг разрушает часть MAO-ферментов, и может немного менять импульсивность; исследования MAOA часто ошибочно и грубо интерпретируются
COMT (Val158Met)	встречается почти одинаково часто у всех групп людей, распределение довольно равномерное	влияет на работу дофамина в префронтальной коре — области, связанной с планированием и контролем внимания
DRD2 (Taq1A)	встречается у 2 человек из 10	A1 связан со сниженной плотностью рецепторов дофамина, но эффект очень слабый — он объясняет лишь небольшую часть различий между людьми
MTHFR (C677T / A1298C)	очень распространён, у 40 человек из 100	влияет на работу фермента, который помогает организму перерабатывать фолиевую кислоту: при некоторых вариантах этот фермент работает медленнее, поэтому фолиевая кислота может накапливаться

Генамайнд (Genomind), ГенСайт (GeneSight), Геномик Лайф (Genomic Life) или 23andMe/AncestryDNA дают доступ к вашей ДНК по подписке, но без медицинской (Genetic Lifehacks), СтрейтДжин (StrateGene) или СелфДекод (SelfDecode) дают более широкий набор генетических вариантов, включая CYP2D6 и другие гены, важные для работы с психоактивными веществами, но без медицинской интерпретации. Вам придётся самостоятельно искать и читать научные статьи.

⚠ Предупреждение

Этот материал носит ознакомительный характер и не может заменить консультацию врача (психиатра, психотерапевта, нарколога, клинического психолога). Если вы принимаете лекарства, беременны, кормите грудью, имеете хронические заболевания, сердечно-сосудистые), при любых сомнениях обратитесь к

[illegible]

[illegible]

- [illegible], [illegible], [illegible] '[illegible], [illegible]? → [illegible] SERT [illegible]—[illegible] 4 [illegible]-[illegible]
- [illegible], [illegible]? [illegible]-[illegible] — CYP2D6 [illegible]
- [illegible] SSRI, SNRI, [illegible]? → [illegible] — [illegible], [illegible] (Discontinuance Protocol) [illegible]
- [illegible], [illegible], [illegible], [illegible]? → [illegible] '[illegible] MTHFR [illegible] — [illegible]

[illegible] 3 - [illegible]

[illegible] '[illegible]—[illegible]-[illegible], [illegible] 1 [illegible], [illegible] (stimulant) [illegible] (empathogen) [illegible], [illegible]-[illegible], [illegible]-[illegible] (half-life) [illegible]

[illegible]-[illegible]

[illegible] — [illegible]

[illegible], [illegible], [illegible]

[illegible]	[illegible]	[illegible]
[illegible]	12-48 [illegible]	[illegible], [illegible], [illegible], [illegible] — [illegible]
[illegible]	[illegible] 2–10	[illegible], [illegible] ([illegible]), [illegible], [illegible], [illegible] - [illegible], [illegible], [illegible]

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[illegible]	[illegible] 2-6	[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]; [illegible] [illegible] [illegible] [illegible]; [illegible] [illegible] [illegible] '[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible]
[illegible]-[illegible] [illegible] (PAWS).	[illegible] 1–12	[illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible]-[illegible] [illegible] [illegible] (PAWS).

[illegible] [illegible]

[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [

[illegible]-[illegible] [illegible] ([illegible], [illegible] → [illegible] → [illegible]-[illegible] → [illegible] [illegible]) [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible]-[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

- [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] ([illegible] [illegible] [illegible] 5-HTP) [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible]	[illegible]	[illegible]
[illegible] 1-4	[illegible] 05 — [illegible] [illegible]	[illegible] [illegible] [illegible] [illegible] [illegible]
[illegible] [illegible]	[illegible] 28 — [illegible] [illegible] [illegible] (SE-28)	[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]
[illegible] [illegible]	[illegible] [illegible] 15 — RDS/COMT [illegible]	[illegible] [illegible] [illegible]

[illegible] 8 - [illegible] [illegible]

[illegible] — [illegible] — [illegible] [illegible] [illegible] [illegible]

[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] FDA [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] MAOI [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]